

Cherry Creek School District

Vaping Education, Prevention & Cessation Resource Toolkit



The Cherry Creek School District is committed to helping our students and staff in leading a healthier lifestyle. Vaping poses serious health risks to our entire community, and we're dedicated to providing resources to help educate and support everyone who needs them. This toolkit provides a list of resources intended for parents, educators, and students who are interested in: learning more about the current vaping epidemic, identifying high-quality educational resources, learning how to support those that are using, and seeking out age-appropriate cessation programs.

This Toolkit is for informational purposes only. The Cherry Creek School District provides this information without any representation, guarantee, or warranty whatsoever regarding the accuracy, relevance, or completeness of the information. The inclusion of links in this Toolkit does not imply endorsement or support of any of the linked information, services, products, or providers. Any action taken upon the information in this Toolkit is strictly at your own risk.

***Indicates that some of the content from that resource is also available in Spanish.*

Parent Resources

Featured Content

Basic Information About Vaping

- [E-cigarettes and Youth: What Parents Need to Know](#)
- [FAQs for Parents and Adults Who Work With Youth](#)
- [Decoding What's Behind the Vapor](#)
- [Quick Facts About JUUL](#)

Laws Related to Tobacco Products

- [Minimum Age for Purchasing Tobacco Products](#)

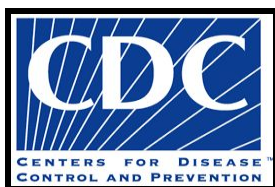
What Parents Can Do

- [Talk With Your Teens About E-Cigarettes: Tip Sheet for Parents](#)
- [What Should I Do If I Find Out My Child is Vaping?](#)
- [Effective, Research-Based Quitting Programs](#)
- [Other recommended quitting resources for youth:](#) MyLifeMyQuit, This is Quitting, Colorado Quitline, and Smoke Free Teen

Additional Information

To learn more, please review the additional resources listed below. What you'll find:

- **More detailed info about electronic cigarettes:** what they look like, how the device works, various names and types of vaping products, health risks associated with use, public health impact, cessation programs for youth, programs developed to provide support to parents of youth that vape, teen perceptions, marketing tactics being used by tobacco companies to appeal to youth, and data about usage trends
- **Broader info about tobacco:** suggestions for discussing substance use with your children, youth tobacco prevention strategies and programs, suggestions and tools for advocacy, anti-tobacco and tobacco-control policies, data about usage trends, and state, national, and global initiatives and campaigns



[Centers for Disease Control & Prevention](#)**

The Center for Disease Control & Prevention is the “leading national public health institute for the United States and their mission is to protect America from health, safety, and security threats.” On their website you will find information about [smoking and tobacco use](#), [youth tobacco prevention](#), and facts related to [electronic cigarettes](#). One

particularly useful infographic:

- [E-Cigarettes Shaped Like USB Flash Drives: Information for Parents, Educators, and Health Care Providers](#)



[Surgeon General: Know The Risks](#)**

This website was developed by The Office of the U.S. Surgeon General and the Office of Smoking and Health within the Center for Disease Control & Prevention. On this site you will find the facts related to e-cigarettes: what it is, what it looks like, how it works, business and

usage trends, marketing tactics and the appeal to young people, teens’ perceptions, and the public health impact. You will also find information about the health risks associated with use of electronic vaping devices.



[Tobacco Free Colorado](#)**

This website is a project of the State Tobacco Education and Prevention Partnership of the Colorado Department of Public Health & Environment. “Tobacco Free Colorado works to protect Coloradans from the health dangers of tobacco by: providing tips and resources to help quit tobacco, supporting Colorado’s smoke-free, anti-tobacco and tobacco-control policies, and preventing youth from using tobacco,

including vapes/e-cigarettes.” You will find all this information and more on their website. Resources of note include infographics and videos on the following topics:

- [Vaping 101: What You Need to Know](#)
- [Myths vs. Facts](#)
- [Talk to Youth About Vaping](#)

- [Talking to Youth About Vape Video Series](#)



[The Truth Initiative](#)

“Truth Initiative is America’s largest nonprofit public health organization committed to making tobacco use a thing of the past. Truth Initiative investigates, exposes, and amplifies the truth about tobacco through groundbreaking research and policy studies, their [award-winning truth campaign](#), community activism and engagement, and innovation to end tobacco use.” On their site you will learn why vaping is an important issue, explore their research and resources related to vaping, and find out how to get involved. As a parent you can also receive text messages designed specifically for parents of vapers by texting QUIT to 202.899.7550 OR you can sign up for [BecomeAnEx](#). BecomeAnEx will allow you to indicate that you are a parent of a young person who vapes and will provide you access to a supportive online community. Resources of note include information on the following topics:

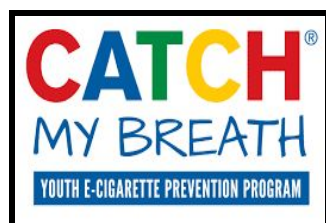
- [4 Things Parents Need to Know About JUUL and Nicotine Addiction](#)
- [E-Cigarettes: Facts, Stats, and Regulations](#)



[National Jewish Health](#)

National Jewish Health is a local hospital that is well-known for being #1 in respiratory care and is also an established organizational partner of Cherry Creek School District. On their site you will find information related to smoking, tobacco use, and [electronic cigarettes](#) including: descriptions of what e-cigarettes and vapor are, different names and types of vaping products, the impact of nicotine on the adolescent brain, the dangers and health concerns related to teen vaping, and cessation resources. Their researchers also recently developed the youth-centered cessation resource [MyLifeMyQuit](#). One particularly useful infographic:

- [The Scary Truth About Teen Vaping](#)



[CATCH My Breath](#)

CATCH My Breath is an educational program for 5th-12th grade students focused on e-cigarette and JUUL prevention, but it also incorporates information and resources for parents. On this site you will find background information on e-cigarettes as well as a [developed and downloadable presentation](#) that parents can use to further share this information with other parents and their community. Please note that this educational resource is only recently being introduced to the Cherry Creek schools and that it may or may not be in place at your child’s school as it is not a mandated curriculum. CATCH’s primary resource for parents:

- [Parent & Community Toolkit](#)



[Campaign for Tobacco Free Kids](#)

Campaign for Tobacco Free Kids is “the leading advocacy organization working to reduce tobacco use and its deadly consequences in the US and around the world. Through strategic communications and policy advocacy campaigns, they promote the adoption of proven solutions that are most effective at reducing tobacco use and save the most lives.” On their site you will find recent articles, resources, advocacy tools, and global, national, and state-level data.



[Youth.gov](#)

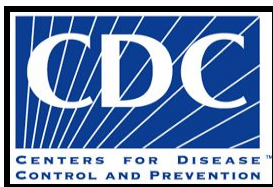
Youth.gov was, “created by the Interagency Working Group on Youth Programs, which is composed of representatives from 21 federal agencies that support programs and services focusing on youth.” This group identifies strategies, tools, and resources that will help promote effective community-based efforts addressing youth risk and protective factors. Communities can utilize these resources and determine whether replicating these strategies will meet their needs. This site includes information on a variety of youth health and wellness topics, including [substance use/misuse](#) and [vaping](#).

Educator Resources

Basic Info About Vaping

- [E-Cigarettes and Youth: What Educators & Coaches Need to Know](#)
- [FAQs for Parents and Adults Who Work With Youth](#)
- [Decoding What’s Behind the Vapor](#)
- [Quick Facts About JUUL](#)

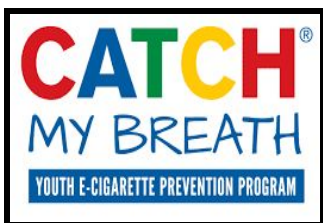
Content for Classroom Instruction and/or Large-Group Presentations



[Centers for Disease Control & Prevention](#)**The Center for Disease Control & Prevention is the “leading national public health institute for the United States and their mission is to protect America from health, safety, and security threats.” On their website you will find comprehensive information on [smoking and tobacco use](#), [youth tobacco prevention](#), and facts about [electronic cigarettes](#). One

especially useful resource for educators includes:

- [Presentation For Youth-Know The Risks: A Youth Guide to E-Cigarettes](#)



CATCH My Breath

[CATCH My Breath](#) is a free, online best practices youth e-cigarette and JUUL prevention program developed by The University of Texas Health Science Center at Houston School of Public Health. “The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes.” The program includes age-appropriate content for students in grades 5-12, with only four short lessons per version. The content is aligned with national and state health education standards and utilizes a peer-led teaching approach along with options for service learning projects. To access the content [enroll here](#). Due to the current COVID-19 pandemic, their organization recently released an updated version of the program to discuss the connection between vaping and COVID-19: [powerpoint content](#).



Stanford Tobacco Prevention Toolkit

The Tobacco Prevention Toolkit is a free, theory-based, and evidence-informed educational resource developed by educators and researchers at Stanford Medicine. The aim of the program is to prevent middle and high school students’ use of tobacco and nicotine products and the resource can be adapted to fit the individual needs of the educator and students. In addition to lessons specifically on e-cigarettes and vape pens, the toolkit also includes units on the basics of tobacco, hookah, smokeless tobacco, and nicotine addiction. The content is aligned with national and state health education standards and provides suggestions for greater integration of positive youth development opportunities within the curriculum. Additionally, the Tobacco Prevention Toolkit staff offer a free, on-site training for school administrators and educators; admin can use this [form](#) to request a training.



EVERFi Course- Vaping: Know the Truth

[EVERFi](#) is a free, digital educational platform that our teachers and students can access via the EVERFi tile within mycherry creek. While EVERFi offers a variety of courses across subject areas, one of their recently released courses that is aligned to national health education standards, is called Vaping: Know the Truth. This course was developed through a partnership between EVERfi, Truth Initiative, American Heart Association, and Kaiser Permanente. The course, which is intended for 8th-12th graders, includes 4 digital lessons that are 5-10 minutes each and each lesson has a pre and post-assessment that is graded in real-time. In addition to encouraging students to live vape-free lives, this self-led interactive curriculum also provides cessation resources to youth that are currently using via the Truth Initiative’s program This is Quitting. To learn more about the curriculum checkout this [site](#)

and/or this [pdf](#). For specific questions about EVERFi use in CCSD, feel free to contact Caitlin Gayles at cgayles@everfi.com.



American Heart Association

“The American Heart Association is a non-profit organization that funds cardiovascular medical research, educates consumers and healthy living, and fosters appropriate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.” On their site you will find [educational materials](#), infographics, additional resources, and advocacy tools. Their organization also

offers [school programs](#) to help educate kids about healthy living. The American Heart Challenge for secondary students was recently updated to include content on vaping. This challenge typically includes heart healthy information provided to all students, a service learning project for students, an event of the school’s choosing to get the students excited about healthy living, and an optional presentation from an AHA representative to kick-off the process. For more info on the American Heart Challenge, contact Heather Johnson at Heather.Johnson@heart.org or Mary Parker at Mary.Parker@heart.org

Resources to Support Students Known to Be or Expected to Be Using E-Cigarettes



Second Chance

Second Chance is a free, online program from [RMC Health](#) aimed at teaching high school students who have been identified as having used traditional or electronic cigarettes about tobacco and other nicotine products, with brief mentions of marijuana. The program addresses how students' knowledge, decisions, and behavior related

to these substances is influenced by their home, community, and school environments. The content also focuses on social emotional skills including recognizing influences and positive and negative self-talk. The program includes 2-2.5 hours of online modules that students can complete in one or multiple sessions. Implementation of this program began during the 2019-20 school year and some high schools are using the program as either an alternative to suspension or a way to reduce suspensions, but only for circumstances that did NOT involve marijuana (as that would be a JICH-R violation). For more information and to get your school signed up to administer the program, please contact Meghan Paulson at mpaulson@cherrycreekschools.org and Gabriela Perez at gabrielap@rmc.org



INDEPTH

Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health (INDEPTH), developed by the American Lung Association and Prevention Research Center of West Virginia University, is an evidence-based, motivational interviewing

program. It is meant to serve as an alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. “Instead of solely focusing on punitive measures, INDEPTH is a free, interactive educational program that teaches students about nicotine dependence, establishing healthy alternatives, and how to kick the unhealthy addiction.” INDEPTH is taught by any trained adult in four, 50-minute sessions either one-on-one or in a group setting; each session addresses a different tobacco-related issue. Any adult can complete the online INDEPTH training and facilitators receive a step-by-step guide that can be used to plan and implement the program. It is recommended that schools that implement INDEPTH also become trained as [Not On Tobacco \(NOT\) facilitators](#) to provide a youth cessation option for students wishing to quit.



[MyLifeMyQuit**](#)

My Life, My Quit is a free online and text messaging program intended to help teens quit using tobacco products, including e-cigarettes. At My Life, My Quit they share the truth about nicotine, vaping, and other tobacco products. Students can access a coach who is ready to listen and cheer them on by **calling or texting “Start My Quit” to 855.891.9989**. They can **enroll online by [clicking here](#)**. This program is always free and confidential.

Please see the [Student Resource section](#) for additional recommended cessation programs for youth.

Student Resources



[Enough With the Puff](#)

- Campaign sponsored by the Colorado Department of Public Health & Environment
- Purpose: to provide information to teens about smoking and tobacco addiction so that you can make your own decisions
- What you’ll learn: facts about vaping, the addictive nature of nicotine, health risks related to vaping and smoking, and more



You can also follow them on social media:



[The Real Cost!](#)

- Developed by the U.S. Food & Drug Administration
- Purpose: to give you real facts about tobacco and vaping so you can make your own decisions
- What you’ll learn: what tobacco is, the highly addictive nature of nicotine and how it impacts your brain, the health impacts

related to vaping and smoking, the benefits of not smoking and how to take control of your habits, and more

You can also follow them on social media:     



[Rise Above Colorado Teen Community](#)

- The Rise Above Colorado Teen Action Council created this website to support teens' wellness and potential
- Purpose: help youth make empowered, healthy choices through teaching them skills, providing information, and creating a safe space that enables teens to ask questions, share stories, and explain their thoughts and feelings to others

You can also follow the #IRiseAbove campaign on social media:    



[MyLifeMyQuit**](#)

- Online and text messaging program intended to help teens quit using tobacco products, including e-cigarettes
- Entirely free and always confidential
- They share the truth about nicotine, vaping, and other tobacco products
- If you decide you want to quit, they are there to help you do it successfully. It's YOUR LIFE and they're there to help you live it YOUR WAY.

 Text "Start My Quit" to 855.891.9989

 Call 855.891.9989

 [Enroll online](#)



[This is Quitting](#)

- Free mobile program developed by the Truth Initiative designed to help young people quit vaping
- Receive messages from other young people like you who have attempted to, or successfully quit, e-cigarettes
- Messages are meant to help you feel motivated, inspired, and supported throughout your quitting process
- Receive tips and strategies for quitting based on your age (13-24) and the product(s) being used

- You can also text “COPE”, “STRESS”, “SLIP”, or “MORE” to receive instant support as needed

 Text DITCHJUUL to 88709



Colorado Quitline**

- Online service available free to all eligible Colorado residents that are 12 years of age or older
 - Entirely free and always confidential
 - Support is offered Monday-Sunday, 5am-11pm
 - Program offers a team of support coaches, research-based information, and a community of others trying to live tobacco free
- Coaches are available to discuss overcoming common barriers, such as: dealing with stress, fighting cravings, coping with irritability, and controlling weight gain



Call 1-800-QUIT-NOW



[Enroll online](#)



Smoke Free Teen

- Provides helpful strategies for tackling cravings, bad moods, and other situations where adolescents may smoke
 - Primary focus of this site is to provide information and resources related to smoking tobacco, but there is also info on [how to quit vaping](#)
- Available programs: quitSTART App and SmokefreeTXT for Teens



Download from the Apple Store or Google Play



Text QUIT to 47848



[Enroll online](#)